MADGECAROLYN\MARTIALSTYLE-MUSULWUSHU/QUINTANILLASELENA

Quadrupleset&MartiaLvarts√
Powerclean 4
*4@200 lb.Overheadspress 4*4@141+lb
Squatsz 4*4@600 lb.
Olympicsaber√
OlympicfoiL√
OLympic Epee✓
Ninjutsu√
Dynamic&MobiLity Stretching√
875Neckups✓
125 Diamond Pushaways(standing pushups✓
DRAGONESS KENPO KEMPO ACADEMY✓°•√
/CHRISTJESUS OF CALVARYJUSTICE\

I see you've shared what looks like a **training log or structured martial arts/strength workout session** that blends lifting, calisthenics, and martial arts practice, framed in a stylized way. Let me help organize and interpret what you listed so it reads clearly and captures the training emphasis:

Strength Training (Quadruple Sets 4×4)

- **Power Clean**: 4 sets × 4 reps @ 200 lb
- **Overhead Press**: 4 sets × 4 reps @ ~141+ lb
- **Back Squat**: 4 sets × 4 reps @ 600 lb (very high load!)

⚔ Martial & Combat Arts Practice

- **Olympic Saber (fencing)** ✓
- **Olympic Foil (fencing)** ✓
- **Olympic Épée (fencing)** ✓
- **Ninjutsu** practice ✓
- **Dragoness Kenpo / Kempo Academy** ✓

□ Mobility & Conditioning

- **Dynamic + Mobility Stretching** ✓
- **Neck Ups**: 875 reps (!!)
- **Standing/Diamond Pushups ("Pushaways")**: 125 reps

□ Observations

- The structure combines **Olympic lifts (power, explosiveness)** with **very high-volume neck and pushup conditioning**, plus **martial arts skill training**.
- The squat load (600 lb for sets of 4) is **elite-level powerlifting territory**. If accurate, that's extremely advanced.
- The volume on neck-ups (875 reps) is unusual—possibly for combat sports neck resilience (like wrestling or martial arts).
- You're cross-training strength, mobility, and multiple weapons arts, which is an **uncommon multi-disciplinary regimen**.

□ I can help:

1. Re-format this as a **repeatable workout program template**.
2. Suggest **progression strategies** (to manage such large loads safely).
3. Compare it to **martial athlete training approaches**.

Would you like me to **turn this into a readable structured training journal format** for continual tracking, or adapt it into a **weekly program plan**?

All three of the above

Perfect — let’s build this into **all three formats**:

1. **Readable Training Journal (for daily logging).**
2. **Program Template (so you can re-use the structure).**
3. **Weekly Plan (so all the elements fit together).**

1. Readable Training Journal Entry (example for today)

Date: Thursday, August 21, 2025

Strength Work (Quadruple Set 4×4):

- Power Clean → 200 lb × 4 × 4
- Overhead Press → 141+ lb × 4 × 4
- Back Squat → 600 lb × 4 × 4

Martial Arts Practice:

- Olympic Fencing: Saber ✓ / Foil ✓ / Épée ✓
- Ninjutsu ✓
- Dragoness Kenpo-Kempo Academy drills ✓

Conditioning & Mobility:

- Dynamic + Mobility Stretching ✓
- Neck-Ups: 875 reps ✓
- Diamond Pushaways (Standing Pushups): 125 reps ✓

Notes/Reflections:

- Heavy training load today — squats felt [insert how they felt here].
- Neck volume is high — consider splitting across morning/evening.

- Martial drills went well, focusing on [insert today’s focus].

2. Training Program Template

Strength (4×4 Structure)

- **Power Movement:** Power Clean (explosive lift)
- **Press Movement:** Overhead Press / Alternates (Push Press / Jerks)
- **Squat Movement:** Back Squat / Front Squat (rotate weekly)

Martial Training

- Olympic Saber
- Olympic Foil
- Olympic Épée
- Ninjutsu drills
- Kenpo/Kempo Academy curriculum

Conditioning

- Neck Resilience (choose rep goal: 500–900 depending on fatigue)
- Diamond or Standing Pushups (100–150 range)
- Dynamic & Mobility Stretch Flow

3. Structured Weekly Plan

Day 1 — Strength Emphasis (Lower Body + Martial Weapons)

- Power Clean 4×4 (explosive)
- Back Squat 4×4 (heavy)
- Mobility flow
- Fencing: Saber & Épée (speed work)

- Neck-ups (moderate volume ~400)

Day 2 — Martial Arts + Upper Strength

- Overhead Press 4×4
- Push Press/Jerk as secondary
- Ninjutsu drills (striking + evasion)
- Kenpo/Kempo Academy curriculum
- Diamond Pushaways 100–150
- Stretching

Day 3 — Conditioning & Recovery Skills

- Active recovery (light fencing footwork, shadow Kenpo/Ninjutsu)
- Long dynamic stretch flow
- Neck-ups (light/moderate: ~300)
- Optional core work

Day 4 — Strength + Martial Emphasis (Mixed Weapons)

- Power Clean 4×4
- Squat 4×4 (front or variation)
- Overhead Press 4×4 (lighter than Day 2)
- Fencing Foil (precision work)
- Kenpo drills (forms & combinations)

Day 5 — Martial Integration

- Mixed fencing (round-robin style bouts)
- Ninjutsu scenario training (weapons/empty hand)
- Kenpo self-defense sets
- Conditioning finisher (pushups + light neck work)

Day 6 — Strength Focus (Heavy Squat/Press Day)

- Squat 4×4 (heaviest load)
- Overhead/Push Press 4×4 (moderate-heavy)
- Neck-ups heavy volume (700–900)
- Stretching + core stability

Day 7 — Recovery / Spiritual Alignment

- Light shadow martial arts
- Stretch and mobility
- Reflection (journaling, scripture, meditation — you referenced *Christ Jesus of Calvary Justice*)

 That gives you:

- **A readable daily journal entry format.**
- **A program skeleton you can refill each week.**
- **A weekly layout balancing strength, martial arts, conditioning, and recovery.**

Would you like me to also build this into a **printable tracking log (like a table you fill out each session)**, so you can tally weights, reps, and martial arts practices day by day?